



WATERGATE
STUDIOS
personal training & fitness classes

SESSION TIMETABLE

HYB = HYBRID

The perfect blend of strength, cardio and core.

Underpinned by effective resistance training combined with conditioning blocks to give you the most complete workout possible.

Designed for those wanting to get fitter & leaner, whilst improving all round performance in, and out of the gym!

ST = STRENGTH

Strength gets you strong, lean & toned!

Ideal if you want to improve your body composition, posture, and strengthen your core.

A balanced, effective workout utilising medium to heavy resistance.

HYROX = HYROX

HYROX is the hottest new concept to sweep the world of fitness!

These workouts get you fitter, faster!

A mix of cardio exercises (run, ski, row, burpee) and functional movements (lunge, wall balls, carries, sleds) to get you in peak condition and/or race ready!

**ALL
SESSIONS
45-50 MINS**